



### Instructor Guide

#### Slips, Trips and Falls

##### Topic Overview (why the topic is important to the students)

Spilled water or oils, spilled food, and large containers of food are all potential causes of injury in commercial kitchens. Water or oil spills close to stove tops are especially hazardous. When the kitchen is not kept clean, the risk of slips, trips and falls is higher. These types of accidents are especially dangerous for culinary arts workers because of the risk of falling against a sharp tool or hot surface, or knocking over a container of boiling water or fat.

Although many slip, trip and fall injuries are relatively minor, such as sprained ankles and wrists, they are very costly in terms of time lost from work because they occur so frequently. Unfortunately, when a worker falls against a hot surface, the resulting burns have much higher costs.

#### Demonstration and Discussion Topics

- **Discuss** housekeeping hazards in the kitchen, including water, oil and food spills, cluttered walkways, and the areas of the kitchen that have particular slipping and tripping hazards.
- **Tour the kitchen** with the students, pointing out these hazards.
- **Distribute** the student handout.
- **Use** the student handout as your discussion guide.
- **Discuss** how slips, trips and falls can occur.
- **Remind** students that they are required to wear appropriate non-skid footwear.
- **Explain** what can be done in the workplace to minimize the risk of slip, trip, and fall injuries (e.g., flooring, lighting, cleaning procedures).
- **Emphasize** that good housekeeping is mandatory. Make sure all students are trained in how to keep their work areas clean.
- **Make it real.** Tell at least two stories of injuries from your experience or use the following examples:
  - A young worker in a Lower Mainland restaurant was transferring hot oil back into a deep fryer. A second young worker slipped on liquid on the floor, slid into the first worker, and overturned the hot oil container, causing the hot oil to contact both workers. One worker suffered burns to the head, body and leg, and the other had burns on the face and arm.



## 6-minute safety talk for culinary arts

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- A worker was standing on a chair trying to reach items on a high shelf. She slipped and fell, fracturing her skull on the concrete floor.
- **Discuss** the attitude that “it won’t happen to me”. Remind them that an injury can and will happen if they take shortcuts or are careless.
- **Instruct** the students to identify and report any safety concerns about housekeeping hazards.
- **Answer** any questions or concerns they might have.
- **Set a good example** by working safely at all times.

### Resources

- That’s Gonna Hurt poster  
[http://www.worksafebc.com/publications/health\\_and\\_safety/posters/assets/pdf/poster\\_0204.pdf](http://www.worksafebc.com/publications/health_and_safety/posters/assets/pdf/poster_0204.pdf)
- Safety tip 1  
[http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc\\_tip1.pdf](http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc_tip1.pdf)
- Prevention of slips, trips and falls  
[http://www.ccohs.ca/oshanswers/safety\\_haz/falls.html](http://www.ccohs.ca/oshanswers/safety_haz/falls.html)
- Slip, slop and slide  
[http://www.worksafebc.com/publications/health\\_and\\_safety/posters/assets/pdf/poster\\_2102.pdf](http://www.worksafebc.com/publications/health_and_safety/posters/assets/pdf/poster_2102.pdf)